



## MyPyramid Audio Podcasts

### Choose Oils - Liquid Fats

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host. I'll be sharing tips you can use everyday to eat right and get active.

Today's tip is about choosing oils, instead of solid fats. What's the difference? At room temperature, oils are liquid fats. These include corn oil, canola oil and olive oil. Solid fats, like butter or animal fat, are solid at room temperature. Solid fats can increase your risk for heart disease by raising the level of "bad" cholesterol in your blood. Go for the oils and pass on the solid fats when it comes to purchasing and preparing food.

That's it for today. To find out more information about eating and living healthy, go on our website at [MyPyramid.gov](http://MyPyramid.gov) for some more great tips. Take good care!